

Vaccine is the most effective way to prevent Influenza. Get vaccinated each fall. In the absence of vaccine, however, there are other ways to protect against flu.

However, since many infectious diseases cannot be prevented by vaccines or treated effectively once established, the only line of defense is often education so communities and individuals can take preventive measures.

Simple Preventive Measures

- Avoid close contact
- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- Stay home when you are sick
- If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
- Cover your mouth and nose. Cover your mouth and nose with a **tissue** when coughing or sneezing. It may prevent those around you from getting sick.
- Wash your hands frequently. Washing your hands often will help protect you from germs.
- Avoid touching your eyes, nose or mouth - Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

Antiviral Medications can also be used to prevent the flu.

How To Wash Your Hands Properly

- ✿ Use warm water **AND** soap
- ✿ Wash vigorously for at least twenty seconds (to help small children time their hand washing, have them sing the lyrics to “Twinkle, Twinkle, Little Star” while washing their hands.)
- ✿ Wash all surfaces, including your wrists, the back of your hands, between your fingers, and under your fingernails
- ✿ Rinse well
- ✿ Dry hands with a paper towel
- ✿ Use the paper towel to turn off the water